



## CORPORATE DISCOUNT

**\$60  
PER MONTH**

What's included:

- All new members receive a FREE week of unlimited classes.
- Early morning, lunchtime and evening classes.
- 45-minute express classes are offered in early mornings and over lunch hour.
- Loyalty reward program! Points accumulate as long as your membership is active.

What do we offer?

- Barefoot Bootcamp Hot Yoga
- PowVin Hot Yoga
- Vinyasa Warm Yoga
- Barre
- Total Body Small Group Personal Training (Sweat! & FIT! Classes)
- Nutrition & Fitness Coaching
- Kids Yoga and Zumba® Kids
- Fitness On Demand
- Livestreaming Fitness Events
- Dance Fitness Classes (PARTY & CLUB LIGHTING!)
  - Zumba®
  - Piloxing Barre®
  - MixxedFIT®
  - Pound®
  - CIZE®
  - BarreFIT!
  - Country Heat®

**LOCATION – 3975 100<sup>th</sup> Street, Urbandale – (515) 778-5899**  
FULL SCHEDULE: [www.sweatfitclub.com](http://www.sweatfitclub.com)